



Child Health and Development Institute of Connecticut, Inc.

For Immediate Release

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Local Children's Mental Health Organization Wins National Recognition

The Connecticut Center for Effective Practice (CCEP) an organization that promotes and disseminates best practices in children's mental health, was recently awarded the 2010 Science and Service Award from the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system. The non-monetary Science and Service Award recognizes "exemplary implementation of evidence-based interventions that have been shown to prevent and/or treat mental illness and substance abuse." CCEP is one of only 28 winners nationwide and 3 named in Connecticut.

CCEP won this award for its Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Learning Collaborative, a unique partnership between a state agency, the CCEP and 16 community mental health agencies. Since 2007, CCEP has coordinated implementation of this highly effective treatment approach through an intensive, year-long, multi-level training program as well as data collection, reporting and analysis for quality improvement. Using the proven Learning Collaborative methodology, CCEP helped these community organizations focus on building the capacity and making the organizational changes necessary for successful implementation of the program.

At this point, the TF-CBT program itself has helped over 1,000 children with over 250 of them completing treatment. These children have, on the average, experienced almost 8 different traumatic events, often involving violence, sexual abuse or both. Results to-date are promising with children who have completed TF-CBT reporting significant reductions in Post-Traumatic Stress Disorder (PTSD) and in depression symptoms. Not surprisingly, all 16 agencies are maintaining - and often expanding - their TF-CBT programs.

The Connecticut Center for Effective Practice is a division of the Child Health and Development Institute (CHDI) of Connecticut, a non-profit policy and research institute whose goal is to ensure that all children in Connecticut have access to and benefit from a comprehensive, effective, community-based health and mental health care system.

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Child Health and Development Institute of Connecticut (CHDI) is the operating arm of the Children's Fund of Connecticut (CFC) a public, charitable foundation focused on developing comprehensive, effective, community-based health and mental health care systems for children and their families. Based in Farmington, CHDI works to advance policy, systems, program and practice changes that will result in better health and developmental outcomes for the children of Connecticut.

The Connecticut Center for Effective Practice (CCEP), a division of CHDI, focuses on improving mental health care for children across Connecticut. CCEP collaborates with state agencies and academic institutions to improve the effectiveness of treatment provided to all children with serious and complex emotional, behavioral, and addictive disorders.